

Monday

Tuesday

Wednesday

Thursday

Friday

MARCH 2013





TO MAKE A MEAL RESERVATION AT LEAST 48 HOURS IN ADVANCE, CONTACT YOUR MEAL MANAGER.
EACH MEAL COSTS THE FCDOA NUTRITION PROGRAM \$4.80, YOUR CONTRIBUTIONS PER MEAL
HELPS MAKE MORE MEALS POSSIBLE.

					1 Ham w/ Pineapple Raisin Sauce Rye Bread Cut Sweet Potato Summer Blend Veggies Fruit Cocktail Apple Juice Milk				
4 Baked Chicken Quarters Wheat Bread Caribbean Vegetables Cous Cous Fresh Tangerine Pineapple Juice Milk		5 Swedish Meat Balls w/Whole Wheat Rotini Pasta Italian Bread Green Beans Tropical Fruit Tossed Salad w/Dressing Milk		6 Grilled Beef Patty Whole Wheat Roll Lettuce & Tomato Baked Beans Creamed Kale Fresh Orange Wedges Fruit Punch Milk		7 Open Faced Roast Beef Sandwich w/Gravy White Bread Mashed Potatoes Glazed Carrots Apricots Grape Juice Milk		8 Grilled Chicken Breast Wheat Hamburger Roll Provolone Cheese & Lettuce Green Beans Diced Peaches Fruit Punch Lentil Spinach Soup Milk	
11 Lasagna Rolls with Marinara Sauce Whole Wheat Bread Kale Fruit Cocktail Apple Juice Milk		12 Pepper Steak White Rice Whole Grain Dinner Roll Oriental Mixed Veggies Pineapple Chunks Cranberry Juice Milk		13 Smoked Turkey Sandwich Swiss Cheese, Lettuce & Tomato Navy Bean Soup Copper Pennies Apple Sauce Orange Juice Milk		14 Corned Beef Corn Muffin Boiled Whole Red Potatoes Steamed Cabbage Steamed Carrots White Sheet Cake Cranberry Juice Milk		15 Chicken Breast in Orange Sauce Brown Rice Pumpkin Bread Autumn Blend Veggies Diced Peaches Apple Juice Milk	
18 Meatloaf w/Gravy Wheat Bread Mashed Potatoes Green Beans Fresh Orange Wedges Applesauce Milk		19 Baked Potato Bar Chopped Lettuce, Ranch Dressing Bacon Bit, Chili Con Carne, Chopped Broccoli & Tomato Sour Cream Apricots Cranberry Juice Milk		20 Beef Burgundy over Noodles Whole Grain Bread Mixed Vegetables Diced Pears Orange Juice Milk		21 Egg Salad Platter Green Leaf Lettuce Wheat Bread Fresh Broccoli Slaw Pineapple Tidbits Split Pea Soup Grape Juice Milk		22 BBS Beef Sandwich Whole Wheat Roll Steamed Baby Carrots 3 Bean Salad Mandarin Orange Sections Pineapple Juice Milk	
25 Rigatoni & Meatballs in Tomato Sauce Whole Wheat Bread Sliced Fresh Apple Corn Apple Juice Milk		26 Tuna Salad Cold Plate served On Fresh Tossed Salad with Pineapple Rings Fresh Sliced Tomato Navy Bean Soup Whole Wheat Crackers Milk		27 Chicken Stew w/Peas and Carrots Brown Rice Biscuit Apple Pie Grape Juice Milk		28 Roast Pork Loin Dinner Roll Mashed Potatoes Green Beans Diced Pears Tomato Juice Milk \		29 Sloppy Joe Hamburger Roll Mixed Greens Pasta Salad Hot Blueberry & Pear Crisp Apple Juice Milk	

~~MENUS ARE SUBJECT TO CHANGE~~